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YEP. HIPS STILL HONEST
SHAKIRA TALKS BABY BOY, HIPS, AND THE VOICE CO-HOSTS PAGE 14

High hopes for depressed

London (U.K.) researcher is conducting trials to see how effective magic mushrooms are for depression PAGE 8

NEWS WORTH SHARING.

Do-or-die for the Knights

OHL. A Friday loss will mean the end of London's quest for back-to-back titles

JOHN MATISZ
john.matisz@metronews.ca

Twenty-three years is a long time. That's how deep into the Ontario Hockey League playoff archives you have to dig to find a team the London Knights want to emulate.

The 1990 Kitchener Rangers clawed back from a 3-1 deficit in the championship series and won Game 7 over the Oshawa Generals. Nearly a quarter-century later, the London Knights need to do the same thing Friday as they try to stay in the running for the OHL title.

If the Knights cough up another loss to the Barrie Colts — it's over.

Game time

Puck drop for Game 5 of the OHL championship series between the Knights and Colts is at 7:05 p.m. at Budweiser Gardens.

London has the heavy artillery. They're better on paper than the Colts. Still, sometimes, like in Wednesday's Game 4, the result is crushing defeat.

"We played well, Barrie played well, and it was a pretty tight game for the most part," Knights assistant general manager Rob Simpson said Thursday afternoon.

Execution is paramount right now, though, and it was absent from London's output Wednesday.

A magic spark twirling around the club from November to January spit out a 24-game winning streak, which helped them cruise to a second straight regular season title.

The champions' glow was there again, albeit in a milder form, through the first three playoff rounds. As players and coaches met Thursday, the mood was apparently upbeat.

Captain Scott Harrington and his three assistants reassured the troops by noting each game in the series so far could have gone either way, Simpson said.

"Surprisingly, it's pretty positive," he said, speaking to the atmosphere at the rink only 12 hours removed from the 6-4 loss in Barrie. "I think, last night, it was something that took a little while to digest."

London appears comfortable, even though this fall from grace was entirely unexpected.

For a look at predictions for Friday's game, turn to page 4

WALKING THE WALK

London high school students Hanna Watkins, 17, left, and Meredith Leitch, 18, are putting their best feet forward for a Friday fundraiser in Victoria Park. Coverage on page 2. MARK SPOWART/FOR METRO

What does your freedom look like?
Turn to page 6

NEWS 1

Futuristic technology helps museum teach about history

3D printer. Visitors can touch miniature replicas of museum exhibits

KEVIN HURREN
london@metronews.ca

Going to Museum London these days can feel like entering a whole new dimension.

That's right folks. The museum has gone 3D — turning to the latest craze in printing to recreate historical artifacts.

Right now, the work's being doing on, quite literally, a miniature scale.

Select objects in the museum's London Works: Labouring in the Forest City exhibit have been replicated on a 3D printer, turned into miniatures of the real exhibit pieces. When school groups come for tours, they're able to touch the pieces.

"It's a way to engage with the students that come to visit so they can actually handle these 3D replicas, whereas they couldn't handle something that was behind glass," said Steve Mavers, the museum's education curator.

Steve Mavers, education curator at Museum London, holds a tiny tea kettle created on a 3D printer for the museum's London Works: Labouring in the Forest City exhibit. The kettle is a miniature version of an artifact included in the display. ANGELA MULLINS/METRO

While Museum London has only started testing the waters, others have already taking the 3D printing plunge.

The Smithsonian, for example, made at least one full-size rendition of its Thomas Jefferson bust, allowing other museum's to borrow the work for displays, Mavers said.

The possibilities — ranging from completely recreating artifacts once-considered lost to repairing those that have been damaged — are endless, the curator said.

Devon Elliott, a Western University PhD candidate in history, is well aware of the potential 3D printing has.

"Historians have often worked under conditions of scarcity, but digital technologies are making things more accessible," he said.

Elliot's presenting a workshop on the technology at 7 p.m. Thursday as part of the museum's Third Thursday series.

How it works

- A digital image of the object being recreated is sent to the 3D printer.
- Then, layer after layer of small plastic threads are laid down.
- The threads are then shaped to match the object.

Students to shed shoes, walk for developing countries

Hanna Watkins, 17, left, and Meredith Leitch, 18
MARK SPOWART/FOR METRO

More than 1,500 London elementary and secondary school students will slip off their shoes and walk circles around Victoria Park on Friday.

They'll be carrying on a tradition that started six years ago at London South Collegiate Institute as a way to raise money for developing countries.

Called Barefoot Walk, the event aims to give students a first-hand feel for how people in other parts of the world live daily.

"It started with a premise that in order to fully understand someone, you must first walk a mile in their shoes," said Meredith Leitch, 18, a Grade 12 student at Sir Frederick Banting Secondary School.

But, she noted, if those people don't have shoes, the only option is going barefoot.

Money raised during the event has traditionally been sent to a charity called Save the Children. In recent years, participants had the chance to direct the money to specific causes and places.

"This year the walk is free, and there is no minimum donations," said Leitch. "We actually found that it is motivating kids more and we actually have more donations presently than what we would have had if we still had the minimum pledge amount."

Donations are sitting between $8,000 and $10,000, she said. Past events have brought in about $20,000 each.

MARK SPOWART/FOR METRO

If you go

The Barefoot Walk is from 10 a.m. to 2 p.m. Friday in Victoria Park.

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Barrie Colts superstar Mark Scheifele, left, a 10-point-getter over the past two games, goes 1-on-1 with London Knights defenceman Tommy Hughes, a minus-4 rating over the past two games, during Game 1 action of the OHL championship series at Budweiser Gardens.
JOHN MATISZ/METRO

KNIGHTS CONJURING UP A WIN?

Medium Kerrilynn Shellhorn certainly thinks they are

JOHN MATISZ
john.matisz@metronews.ca

KNIGHTS WATCH
BATTLE FOR THE CUP

This will happen Friday at Budweiser Gardens: Bo Horvat or Brett Welychka will nab an assist on the game-winning goal against the Barrie Colts.

In fact, one of the two London Knights forwards is going to not only set up a floating teammate, but help the squad squeak out a 2-1 victory over the Barrie Colts.

That's the scenario Kerrilynn Shellhorn sees anyway for Game 5 of the OHL championship series.

Shellhorn, a Guelph medium who frequents London for readings, gave some predictions Thursday at the bequest of Metro London.

The Knights — who need a win to stay in the running for another title — will require clutch scoring to attend the best-of-seven series with the Barrie Colts, according to Shellhorn's crystal ball.

"There is a player involved (whose name) starts with 'B,'" Shellhorn said, before adding there's a "big cluster, and then someone further back gets the puck and scores."

Shellhorn acknowledges her expertise as a medium — someone who acts as a spiritual intermediary between the dead and the living — outweighs her abilities as a psychic.

Nevertheless, she's getting some strong vibes about the Knights.

"What I got, and what I just keep seeing, is a close score, like 2-1," Shellhorn added. "London scores late in the last period."

Since most OHL prognosticators figured London would run away with the J. Ross Robertson Cup, winning the championship series in five or six games, Shellhorn might be the one to trust.

After all, she says she doesn't "pay attention to the news or sports."

In short, Shellhorn is impartial to OHL results and, to some extent, London as a whole.

"I live in my own little bubble," she said.

Knights bench boss ticked about Colts tactics

There was one thing on Dale Hunter's mind when he talked to the media after the Knights' 6-4 loss on Wednesday: Calling the Barrie Colts out for alleged diving.

The Knights bench boss said Barrie's previous opposition, the Belleville Bulls, had tipped London off about how the Colts "love to dive and draw penalties."

Hunter's anger, and his determination to make his point, was crystal clear during the post-game press conference as he consistently brought the conversation back to the topic.

"If they're going to get away with it," said Hunter, the Knights are "going to have to do it also."

Whether or not London follows through remains to be seen. Friday's Game 5 should provide ample evidence, one way or another. What we'll probably never know, though, is if the tirade was purely the product of a thought-out coaching tactic. Did Hunter hammer the accusations home simply because he was eager to overshadow an ugly third-period collapse? Ten minutes before his comments, the Knights left the ice in Barrie, having coughed up a two-goal lead in the final 20 minutes.

Colts head coach Dale Hawerchuk hinted Hunter was trying to take the spotlight off his players.

"(Hunter is) going to do what he feels he has to do for his club," he said in a separate press conference. "We did what we had to do for our club, but (diving) is not in our mandate." JOHN MATISZ/METRO

Dale vs. Dale:

- **Dale Hunter, London Knights coach:** 1,020 points in 1,407 regular season NHL games
- **Dale Hawerchuk, Barrie Colts coach:** 1,409 points in 1,188 regular season NHL games

Fishy: Seer or charlatan?

GOLDFISH POLL

What's a goldfish know about hockey? For the Knights' sake, we're hoping the answer's "not much." Metro London enlisted the help of Willie B. Right — a, presumably, neutral third party — to forecast the outcome of Friday's game between the Knights and Barrie Colts. Things started swimmingly, but from there on out, it was bad news for the home crowd:

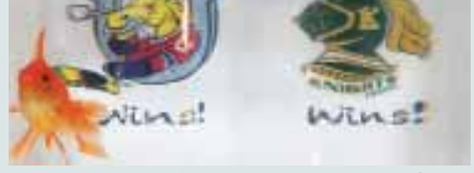
ALL PHOTOS MARK SPOWART/FOR METRO

2:50 p.m. Thursday: In the first round of polling, Willie picks London as his fav for a Friday win.

3:05 p.m.: A man of his word, Willie holds true in the second round, again choosing the Knights.

3:20 p.m.: Uh-oh, Willie's allegiance is shifting. He goes Barrie all the way for the third round.

3:35 p.m.: The fourth round goes to the Colts, forcing a tie and setting Willie up for a final decision in OT.



3:50 p.m.: Ugh. Willie's giving this one to Barrie for good — ending polling with a 3-2 Colts decision.

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Manhunt

Suspect sought in bank job

Police were searching Thursday for a man who robbed the BMO at 1315 Commissioners Rd. E. at gunpoint. The suspect, described as five-foot-six with a dark complexion, fled in a silver Volkswagen. A car matching the description was found a short time later on Millbank Drive. METRO

Phone fraud

Beware Dream Lottery scam

The London Health Sciences Foundation is warning about a phone fraud in which people identify themselves as representatives of the Dream Lottery. The callers request credit-card information, saying it is needed to claim the prize. People who receive such calls should contact police. METRO

Trial

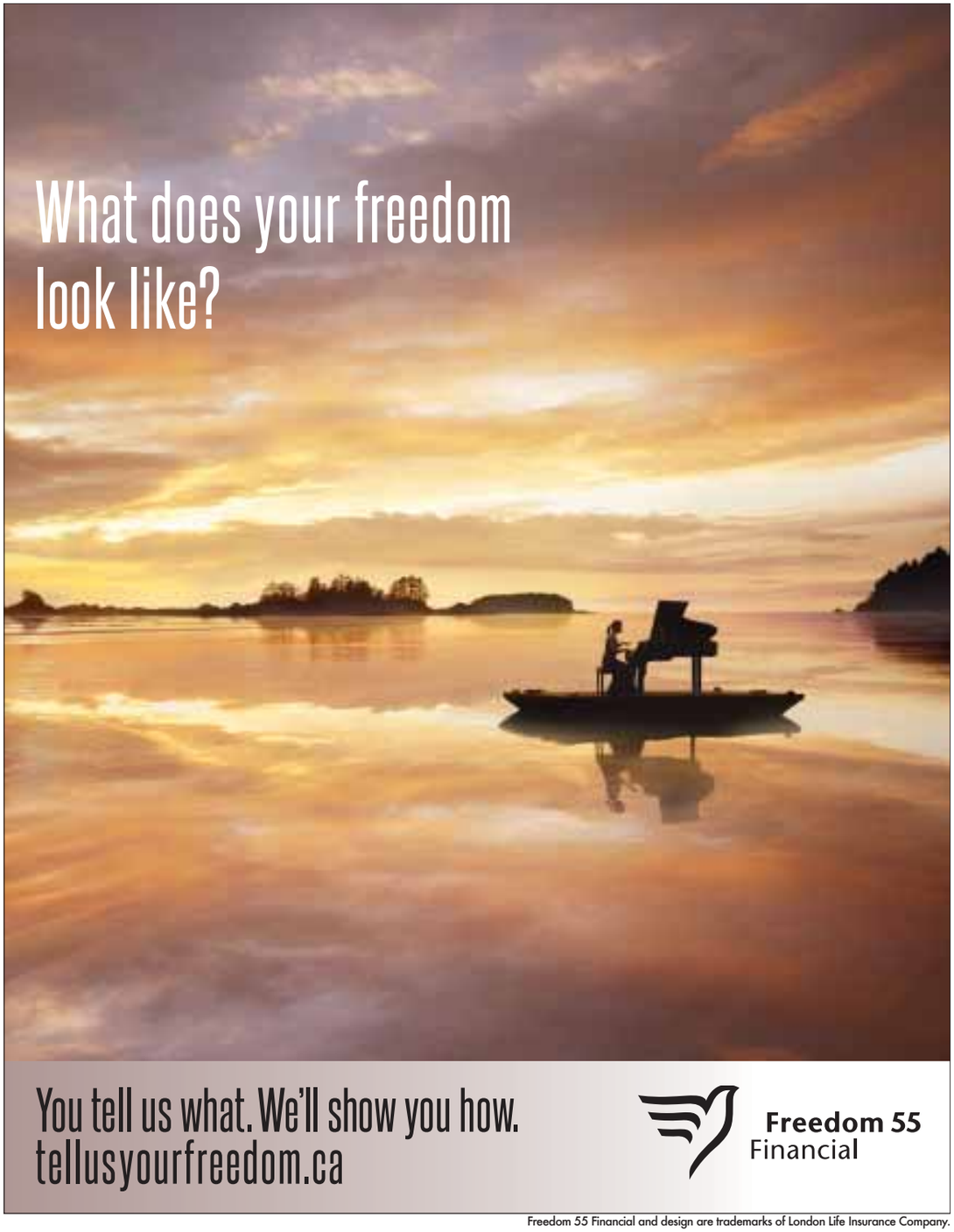
Mountie's court case delayed

A London RCMP officer charged last month with breach of trust and obstructing justice will be back in court on June 13, after his case was held over. Sgt. John Kowalczyk spent 20 years working in the RCMP drug unit and was head of its proceeds of crime unit. AM980/AM980.CA

GG invitation

Chakma to visit Botswana, Ghana

Western University president Amit Chakma is hitting the road with Gov. Gen. David Johnston. Chakma will travel to Africa next week with a delegation headed to Ghana and Botswana that includes leaders from the fields of business, education and social justice. METRO



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Keller Williams realtors Matt Santagapita, foreground, Kimberly Broad and Marcia Beaton paint a mural on Thursday at Princess Elizabeth Public School, as part of the company's annual day of volunteering in the community. MARK SPOWART/FOR METRO

A little elbow grease makes for a big return

Red Day. Volunteers give school a playground makeover

MARK SPOWART
london@metronews.ca

Princess Elizabeth Public School has a little extra sparkle and shine these days.

It's thanks to a team of volunteers from Keller Williams Realty who spent Thursday cleaning up the school grounds.

Staff at the company's London office, along with a couple of mortgage brokers and home inspectors, traded their pens and cellphones for shovels and paint brushes to mark what they call Red Day.

"Red Day is where every agent in our company, both in Canada and the United States, volunteers in the community," realtor Matt Santagapita said.

For the Forest City team, that meant planting 100 trees, hanging new nets on the basketball court, painting a mural on the school's back wall and other improvements.

The work was more than Princess Elizabeth principal Doug Duff could have hoped for when he was first contacted about the project.

"We had no idea," he said. "We realized it was getting bigger and bigger, and then we saw it today and we were absolutely astounded.

"Most of the financial resources we have (are) invested into learning. As a result, the kids don't have a lot (on the playground)," he said.

Pulling together

"School is about community, that is key. Anytime we can get help with those other things, that's what makes it a community."

Doug Duff, principal, Princess Elizabeth Public School

Third man arrested in alleged VIA terror plot

Recruiter? Authorities say Tunisian 'radicalized' a Montreal man who planned to help blow up a cross-border train

A former Canadian resident charged with terrorism offences in the U.S. allegedly radicalized a Montreal man accused of plotting to attack a VIA Rail train, U.S. authorities said Thursday.

Tunisian Ahmed Abassi was charged with fraudulently applying for a visa in order to remain in the U.S. to facilitate an "act of international terrorism."

Two Canadian residents — Raed Jaser of Toronto and Chiheb Esseghaier of Montreal — face terrorism-related charges.

Details of Abassi's arrest and charges were included in a release on Thursday. According to the release, Abassi met with Esseghaier in New York City.

"Esseghaier, who was recently arrested in Canada and is currently incarcerated there on terrorism charges, was previously radicalized by Abassi," the release said.

THE CANADIAN PRESS

Railway security

VIA says it is contemplating whether to ask all of its travellers for ID as it considers ways to buttress security.

- VIA spokesman Jacques Gagnon said, "In the context of what has happened recently, we are looking at this. But I cannot speculate as to what (we) will do."

March For Life hits the Hill

Young girls participate in the March For Life in Ottawa on Thursday. Thousands of people gathered on the lawn of Parliament Hill in what has become an annual ritual designed to raise the abortion issue at the national level. SEAN KILPATRICK/THE CANADIAN PRESS

From spacesuits to cowboy boots: Astronaut agrees to lead Stampede

ROBSON FLETCHER
Metro in Calgary

After the idea was raised in a Twitter conversation between Calgary Stampede officials and Chris Hadfield on the International Space Station, the Stampede invited the Canadian astronaut to lead its 2013 parade, and he promptly said yes.

"Calgary in July sounds lovely! Anything worth coming to see that time of year?" the astronaut tweeted Wednesday.

The Stampede replied, "What do you think about sitting in a horse saddle at full gravity?"

Hadfield responded: "I'll be ready to ride anything that stays below 8km a second."

Chris Hadfield MAXIM SHIPENKOV/AP

That prompted Stampede president Bob Thompson to take things a step further. "We would like you to be a big part of our 2013 celebration here in Calgary," Thompson said in a YouTube video posted Thursday. Shortly after noon Mountain Time, Hadfield accepted the invitation.

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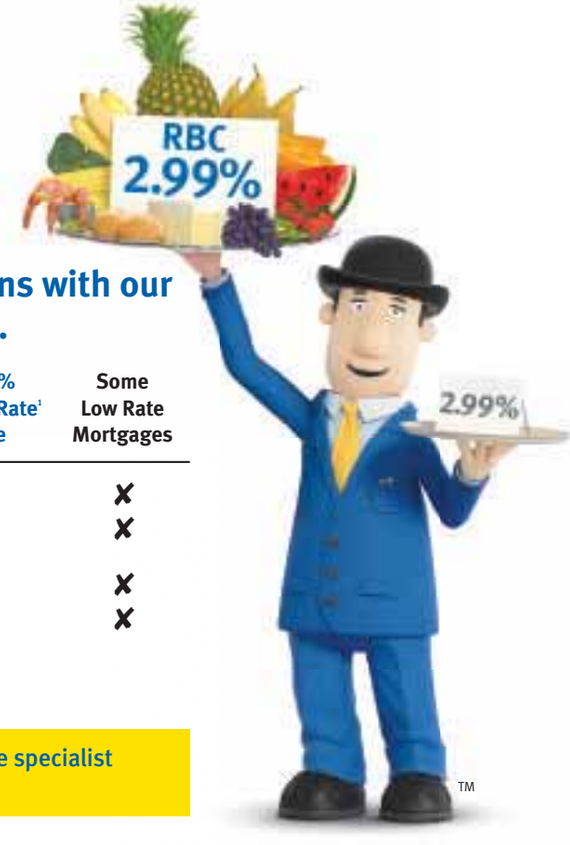

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Magic mushrooms give some depression sufferers high hopes

Potential. Research shows that their active ingredient dampens part of the brain which is overactive in depressed people

KIERON MONKS
Metro World News

Desperate for a fix, David Nutt considered buying magic mushrooms from the street. Restrictions on the drug were making it impossible to conduct clinical trials, and Nutt had no way to secure the mushrooms that are widely available from illegal dealers.

"Fortunately the publicity helped, we are optimistic about the licence and supply now," Nutt, head of neuropsychopharmacology at Imperial College London in the U.K. told Metro.

No stranger to controversy — Nutt was fired as government adviser for claiming ecstasy is as safe as horse riding — he is set to push the boundaries with the first trial of magic mushrooms to treat depression.

Research has shown that psilocybin, the active ingredient in mushrooms, dampens the brain's anterior cingulate cortex, which is overactive in depression sufferers. Trials will target the most severe cases. "The hypothesis is lasting benefits for people who have not responded to interventions," says Nutt. If the treatment seems radical, the professor argues it is proportionate. "Depression is the largest cause of disability in Europe, and only two-thirds of people get well. The rest are out of work and can't cope — we have to try everything."

But despite a rigorous attachment to evidence, Nutt admits he is fighting a crusade and wants to "tap into a reservoir" of hard drugs in clinical practice. "It's a campaign for the liberation of science — drug laws have censored research in this field for 60 years. I think it's the worst censorship since the Catholic Church stopped Galileo using his telescope."

Psilocybin and other mind-altering drugs are becoming popular solutions to a broad spectrum of mental health issues. A 2012 study found that ecstasy chemical MDMA had a lasting impact on post-traumatic stress disorder. Norwegian academics recently found that LSD improved misuse rates in 59 per cent of alcoholics.

"LSD seems to help people see their problems in a different light, to give new insights into their problems ... and to make a strong resolution to discontinue their drinking," said psychologist Pål Johansen.

A treatment 'prospector'

"I'm not saying we will revolutionize depression treatment, but there is a group for whom it will be useful."
U.K. Professor David Nutt

Magic Mushrooms sit in a fridge in 2005 in London, England. DANIEL BEREHULAK/GETTY IMAGES

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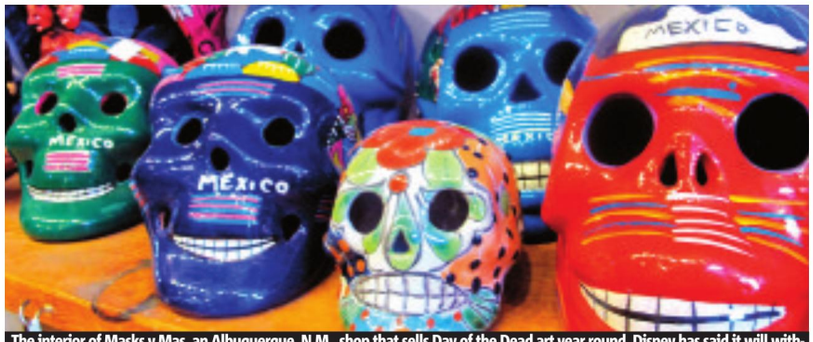

The interior of Masks y Mas, an Albuquerque, N.M., shop that sells Day of the Dead art year round. Disney has said it will withdraw a Dia de los Muertos trademark request amid uproar on social media from Latino activists, writers and artists. Critics said the request was insensitive, and put thousands of businesses making products linked to the day at risk. THE ASSOCIATED PRESS

Disney kills Day of the Dead trademark request

Patently ridiculous.
The Mouse backs down after Latino activists mock its attempt to appropriate cultural holiday for film

When Lalo Alcaraz learned this week that Disney was seeking to trademark Dia de los Muertos, the name of the traditional Day of the Dead celebrated by millions in Mexico and the U.S., the cartoonist had an idea.

The trademark was for an animated movie by Disney and Pixar Animation Studios Inc. that is inspired by the holiday.

The Los Angeles-based humorist created a movie poster that quickly went viral of a skeletal Godzilla-sized Mickey Mouse, with the words: "It's coming to trademark your cultura (culture)."

Anger and ridicule expressed on social media largely by Latinos began circulating. This week, Disney said it was no longer seeking a Dia de los Muertos trademark request because the film's name will change before its release. THE ASSOCIATED PRESS

Ambassador Bridge

Ban on hazmat trucking could end

The Michigan Department of Transportation has recommended lifting a ban on trucking hazardous materials across the Ambassador Bridge that connects the U.S. and Canada, and the idea has prompted concerns on both sides of the border. The agency is taking public input on the idea until May 27, The Detroit News reported.
THE ASSOCIATED PRESS

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Dow Jones: 15,082.62 (-22.50)

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MOST BEAUTIFUL LIST IS COMPLICATED

THE METRO LIST

Paul Sullivan
metronews.ca

And now from Metro News Central, here's the weekly list of things that make you go … hmmm?

1 **Bye-bye beautiful.** Hello! Magazine Canada is out with its list of 50 Most Beautiful Canadians and a face only Chad Kroeger could love is on the cover. Besides Avril Lavigne, other beauties include Justin Bieber and the Ryans, Reynolds and Gosling. Of course, none of these people actually live in Canada.

2 **Came from away.** Some people actually want to live in Canada. Quite a lot of people, actually. According to the latest census results, released this week, 6.8 million Canadian residents came from someplace else.

3 **The world is a safer place this week.** Cleveland man Ariel Castro was arrested and charged with rape and kidnapping after three women allegedly escaped from his clutches after being held captive for a decade; Bad Boy and former Italian prime minister Silvio Berlusconi had his four-year sentence for tax evasion upheld; and Hans Lipschis, a guard at Auschwitz from 1941-45, was arrested in Germany this week. Lipschis is 93 years old. Karma is not always instant.

4 **The world is not a safer place this week.** If you've got a commercial 3D printer, 60 bucks worth of plastic and Wi-Fi, you can print your own arsenal. A University of Texas law student is the first to print up a working .38-calibre handgun. He won't be the last.

5 **The world is not a safer place, especially if you're a chicken.** Some kid at the College of Art and Design in Calgary slaughtered a chicken in the school cafeteria recently in an act of "performance art." The kid's instructor was fired, presumably, for not being able to tell the difference between art and life. Some of his students are protesting his dismissal. The chicken was not consulted.

6 **Speaking of life and art.** One of the most popular baby names for girls in 2012 was "Arya," after Arya Stark, a feisty girl character in the fantasy epic Game of Thrones series that has captivated the nerdiverse. Jacob and Sophia were the most popular baby names in 2012. That's AD, not BC, although they were probably pretty hot back then, too.

7 **Hockey Night in Canada continues.** Sadly, not for the Vancouver Canucks, who were swallowed whole by the San Jose Sharks in four straight games. As this is written, the Montreal Canadiens, the Ottawa Senators and even the Toronto Maple Leafs are still in the quest for Lord Stanley's Cup. Well, at least Vancouver still has Lord Stanley's Park, which this week was declared the No. 2 most beautiful city park in the world by Travel + Leisure magazine. No. 1 is Park Güell, designed by the weird and wonderful Antoni Gaudí, in Barcelona. And isn't this where we came in?

Follow The Metro List on Twitter @TheMetroList

ZOOM

Not even gravity can get him down

GLENN HAMPSON/NEWSPIX/REX FEATURES

Daredevil turns into stuntman for Wolverine 2 after YouTube videos

Parkour enthusiast Jesse Turner has gone from cult acclaim to celebrity through being recruited to perform stunts in the upcoming blockbuster Wolverine 2.

The movie producers head-hunted Australian daredevil Turner from his Internet videos, which show his full range of breathtaking and terrifying moves.

METRO

Social-media maven

"I think people just like to get to know you online. Most of my jobs recently have been from videos I've launched on YouTube."

Jesse Turner

YouTube hit

90K

Turner's latest YouTube hit had passed 90,000 views at last count, a record for the stuntman.

The champions of the free-running world

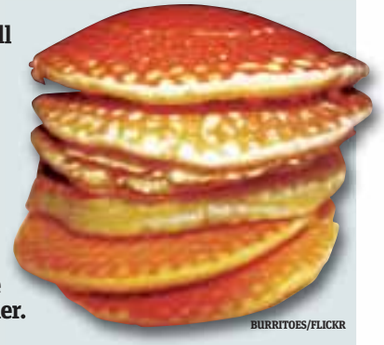
Leading figures from the world of free running:

- **Tim (Livewire) Shieff.** British winner of the World FreeRun Championship, Livewire earned his nickname for audacious moves.
- **Ryan Doyle.** Also a world champion, despite poor eyesight, Doyle specializes in performances at stunning locations such as the ancient city of Petra, Jordan.

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

We might not all have the time (or desire) to channel Julia Child at the end of a long work day, but with the help of a few apps, getting dinner together can be a whole lot easier.



BURRITOES/FLICKR

How to Cook Everything

While five bucks may seem pricey for a cooking app, Mark Bittman's How to Cook Everything is a bargain at twice the price. The app not only has the famed New York Times columnist's recipes and how-to pics, but also gives you access to tools like timers and shopping lists.

Dinner Spinner

Wondering what to do with those day-old red peppers and half-can of coconut milk? Input whatever's in your fridge to the free Dinner Spinner app, and voilà! A new meal idea using only what you have on hand.

Ratio

For cooks who hate recipes, Ratio offers guidelines and vague instructions rather than specific directions and ingredients, letting you run wild with creativity in the kitchen.

Big Oven

With a ton of recipes and an interface that's easy to use, Big Oven repeatedly takes home "best cooking/recipe app" awards. Though no signup is needed to access recipes, creating an account lets you scan your mom's old, handwritten recipes, share your favourite meals and have a peek at your friends' recipes, too.

Twitter

@metropicks asked: The latest beauty trend involves having your blood injected into wrinkle-prone areas on the face (Kim did it on Keeping Up With The Kardashians). What's the weirdest trend you've heard of?

@jennieramstad: Human-placenta smoothies.

@maggable: That's easy...Demi Moore and her leech therapy

@JessicaSquibb: In the name of #beauty. Ew

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

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Synopsis

Set in the Jazz Age — early 1920s in New York. Nick Carraway (Tobey Maguire) is working as a stockbroker in the city while living in a wealthy suburban enclave. His neighbour is the enigmatic Jay Gatsby (Leonardo Di Caprio), whose ornate mansion plays host to wild weekend parties. Turns out he isn't the aristocrat he claims to be, but the son of dirt-poor farmers who made a fortune as a bootlegger. Nick soon learns his cousin Daisy (Carey Mulligan) was Gatsby's first love. Gatsby and Daisy try to pick up where they left off, but Gatsby proves unable to control the future as adeptly as he created his past.

- Richard: ●●●●○
- Mark: ●●●●○

The Great Gatsby has plenty to look at, and a Jay-Z soundtrack to boot. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Pushing up Daisy

The Great Gatsby. There's plenty of eye candy here, but the real razzle-dazzle is in Carey Mulligan's portrayal of Daisy

Richard: Mark, Baz Luhrmann may be the perfect person to retell Jay Gatsby's Roaring Twenties' story. Equally at home with razzle-dazzle and substance, he captures the tone of the Jazz Age while still allowing the story's deeper resonance to shine through the gloss. It's eye candy, pure and simple, and yet the sense of doom that hangs over the beautiful and damned characters in the story is palpable. Without it this would be just another story about pretty people doing pretty-people things.

Mark: Richard, I approached this movie with some trepidation. Luhrmann is such an overwhelming director, and Fitzgerald's book can be as delicate as chiffon. And for the first half hour, it seemed that the story would be swallowed up in crazed, hallucinogenic fantasias of swirling 3D visuals, not that there's anything wrong with that. It's amazing to watch. But then the movie settled down and captured the beautiful and tragic romance between Gatsby and Daisy, and became profoundly moving. The actors all play their parts well, but I have to say the film belongs to Carey Mulligan. You, Richard?

RC: Absolutely. Daisy is one of Fitzgerald's "bright precious things," a hothouse flower and Mulligan has a face capable of simultaneously showing great happiness and profound sadness, a duality that serves her character well. She effortlessly tosses off shallow lines like, "Your life is adorable," while digging deep to convey Daisy's conflicted nature.

MB: She's exactly as I imagined her when I first read the novel over 40 years ago. I wasn't as sure about DiCaprio at first, but he grew on me. I loved the way Luhrmann took vintage movies of New York in the '20s and colourized them, and then converted them to 3D. There's a scene that takes place on a rooftop patio overlooking Times Square that completely changed the way I imagined Manhattan of the past. But what did you think of the anachronistic score? Did you have an issue with it?

RC: It's probably my least favourite part of the film. I get what Luhrmann was trying to do, but here, unlike Moulin Rouge! it doesn't really work. The Jazz Age Amy Winehouse song is OK, but the Jay-Z tune feels more like an attempt to sell soundtracks than serve the story.

MB: The film is sooooo superior to the 1974 Robert Redford/Mia Farrow version that I will forgive him almost anything. People will come for the visuals, but they'll leave touched by the story. And the clothes.

Daddy's going to hang today

Q&A. Simon Pegg, returning in Star Trek Into Darkness, tells us what his three-year-old daughter thinks he does all day

ROMINA MCGUINNESS
scene@metronews.ca

Simon Pegg in Star Trek Into Darkness. HANDOUT

People who get Star Wars and Star Trek confused — does that infuriate you?
You can't expect everyone to know. It's like when you follow a certain religion and you think everyone celebrates Christmas. They don't!

There's a new Star Wars film coming obviously, from Into Darkness director JJ Abrams. What's your strategy to get JJ to tell you something about it?
I don't need a strategy. If JJ wants to tell you something, he will and if he doesn't, it's because he wants to keep things close to his chest.

So you didn't get him drunk or anything?
I respect him too much for that. I'm very happy to be kept in the dark because I haven't seen a good Star Wars film since Return of the Jedi.

OK, on to Star Trek Into Darkness. The scene where the spaceship is going all over the place and you and Chris Pine are jumping around and hanging off railings. Is that look on your face genuine terror?
It was more pain. I had to hang from Chris' hand and the harness could only go from my one hip so I was slightly skewed. But no, it was all acting. My three-year-old daughter was on set that day and she assumed that's what my job was. Hanging. She was like, 'Are you going to hang today daddy?'"

Scotty doesn't manage to hold on to the bar and is saved by a much stronger Captain Kirk. Ever been like, man, I really wish I had Chris' body?
You should feel his arms. They're like oak. We'd go to the gym together and it was amazing how the female contingent would start gravitating towards him. Nobody paid me any attention. But no, I was pretty buff at the time!

Maybe you should have been the one holding Chris up.
It was really hard to do the catch because we were both sweating.

You guys should have had that chalk you wear in gym class to stop your hands from slipping.
It's not that easy to get on a falling starship…

Sweat patches aren't a sexy look. Are those space suits anti sweat patch?
Totally. I defy you to find a sweat patch in the movie.

You and Nick Frost have appeared in Shaun of the Dead, Hot Fuzz and other films together. If you could, what part would you give him in Star Trek?
I'd love him to play Harry Mudd from the original '66 series. But I wouldn't necessarily want him to be in it and I don't think he would want to either. It's not like we have to come as a package.

You don't have a love interest in this movie.
What about my little guy? That's my love interest. The little fellow. We're a unit. We're married.

Your little alien assistant? But you don't even get to kiss it.
I don't kiss it.

But if you could, who would you share a kiss with, Alice Eve or Zoe Saldana?
That's not a choice any man could make. They're both as gorgeous as each other. They come in and everyone is just like WOW.

Your character, Scotty, is Scottish. What's your favourite night cap? And whom would you share it with?
Sparkling water, I don't drink. Probably my wife.

Not a fellow actor? Have you met everyone in Hollywood that you've wanted to meet, as a fan?
I don't think you could ever meet everybody. L.A. is like one of those safari parks where you can walk amongst the animals. You see like, Jeff Goldblum in the supermarket.

Thriller

The Company You Keep

Director. Robert Redford

Stars. Robert Redford, Nick Nolte, Stanley Tucci

●●●○○

Robert Redford does triple duty as actor, producer and director on the story of Jim Grant, an ex-member of a radical activist group, in hiding since a robbery resulted in the death of a security guard 30 years ago. When one of his former associates (Susan Sarandon) turns herself in, Grant goes on the lam, pursued by the FBI and a dogged reporter (Shia LaBeouf). An all-star cast (Nick Nolte, Terrence Howard and Julie Christie) fuels this political thriller. Trouble is, there aren't many thrills. RICHARD CROUSE

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THESE PAGES COVER MOVIE START TIMES FROM FRI., MAY 3 TO THURS., MAY 9. TIMES ARE SUBJECT TO CHANGE.

Iron Man 3. HANDOUT

London

Mustang Drive-In -London 2551 Wilton Grove Rd.

42 (PG) Fri-Sat 10:35 Sun 8:55 Tue 8:55 Thu 8:55
The Croods (G) Fri-Sat 8:55 Sun 11:05 Tue 11:05 Thu 11:05
Iron Man 3 (PG) Fri-Sun 9:05 Tue 9:05 Thu 9:05
No Films Showing Today (STC) Mon Wed
Oz the Great and Powerful (PG) Fri-Sun 11:15 Tue 11:15 Thu 11:15

Hyland Cinema 240 Wharncliffe Road South

Blood Pressure (14A) Fri 9 Sat 3 Sun-Mon 9 Tue 5 Wed 9 Thu 3
Renoir (STC) Fri 3 Sat 4:50 Sun 3 Mon 5 Tue 9 Wed 7 Thu 9
The Sapphires (PG) Fri 5 Sat 9 Sun 7 Mon-Tue 3 Wed 1-5 Thu 7
Still Mine (PG) Fri-Sat 1-7 Sun 1-5 Mon-Tue 1-7 Wed 3 Thu 1-5

Rainbow Cinemas London 355 Wellington St.

The Big Wedding (14A) Fri-Thu 1:10-3:25-7:05-9:20
The Croods (G) Fri-Thu 1:15-3:30-7:15
The Great Gatsby (PG) Fri-Thu 12:45-3:40-6:50-9:40
Iron Man 3 (PG) No Passes Fri-Thu 12:50-1:20-3:45-4-6:55-7:20-9:35-9:55
Oblivion (PG) Fri-Thu 9:25
Pain & Gain (18A) Fri-Thu 12:55-3:35-7:10-9:50
The Place Beyond the Pines (14A) Fri-Thu 3:50-9:45
Star Trek Into Darkness (PG) Fri-Thu 1-3:55-7-9:45

Western Film Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

G.I. Joe: Retaliation (PG) Fri-Thu 7-9:10

Wellington 8 Cinemas 983 Wellington Rd. S, 519-685-2529

The Big Wedding (14A) Fri 7:15-9:40 Sat-Sun 1:20-4:10-7:15-9:40 Mon-Wed 5:35-7:50 Thu 5:35
The Croods (G) Sat-Sun 1-3:40
The Great Gatsby (PG) No Passes Fri 7:20 No Passes Sat-Sun 12:50-4-7:20 No Passes Mon-Thu 7:40
The Great Gatsby 3D (PG) No Passes Fri 6:50-10 No Passes Sat-Sun 12:15-3:30-6:50-10 No Passes Mon-Thu 5:10-8:20
Iron Man 3 (PG) Fri 7:10-10:15 Sat-Sun 12:40-3:50-7:10-10:15 Mon-Thu 5-8
Iron Man 3 3D (PG) Fri 6:45-7:30-9:50 Sat-Sun 12:20-1:10-3:25-4:15-6:45-7:30-9:50 Mon-Thu 5:20-7:30-8:30
Oblivion (PG) Fri-Sun 6:30-9:30 Mon-Wed 5:15-8:10
Pain & Gain (18A) Fri 7-10:10 Sat-Sun 12:30-3:45-7-10:10 Mon-Wed 5:30-8:25 Thu 8:25
Star Trek Into Darkness (PG) No Passes Thu 7:20
Star Trek Into Darkness 3D (PG) No Passes Thu 8

Cineplex Odeon Westmount & VIP Cinemas 755 Wonderland Road South

The Big Wedding (14A) Fri 4:55-7:20-9:50 Sat-Sun 2:40-5-7:20-9:50 Mon 7:15-9:50 Tue 4:55-7:20-9:50 Wed 1:25-7:15-9:50
Bolshoi Ballet: Romeo and Juliet (STC) Sun 12:55
The Croods (G) Sat-Sun 12:10 Star & Strollers Screening Wed 1
The Great Gatsby 3D (PG) No Passes Fri 3:30-6:45-10 No Passes Sat-Sun 12:15-3:30-6:45-10 No Passes Mon 6:30-9:45 No Passes Tue 3:30-6:45-10 No Passes Wed 1:15-6:30-9:45 No Passes Thu 6:30-9:45 No Passes Fri 4:20-7:30-10:40 No Passes Sat 1:10-4:20-7:30-10:40 No Passes Sun 1:10-4:20-7:30-10:35 No Passes Mon 7-10:05 No Passes Tue 4:20-7:30-10:35 No Passes Wed 7-10:10 No Passes Thu 6:40-9:55
Iron Man 3 (PG) No Passes Fri 4-7:10-10:20 No Passes Sat-Sun 12:40-3:50-7:10-10:20 No Passes Mon 7:05-10:05 No Passes Tue 4-7:10-10:20 No Passes Wed-Thu 7:05-10:05 Star & Strollers Screening, No Passes Wed 1 No Passes Thu 10:25
Iron Man 3 3D (PG) No Passes Fri 3:35-4:30-6:35-7:40-9:40-10:45 No Passes Sat-Sun 12-1:20-3:10-4:30-6:35-7:40-9:40-10:45 No Passes Mon 6:40-7:30-9:40-10:25 No Passes Tue 3:35-4:30-6:35-7:40-9:40-10:45 No Passes Wed 1:30-6:40-7:30-9:40-10:25 No Passes Thu 6:40-7:30-9:40-10:25 No Passes Fri 3:55-7-10 No Passes Sat-Sun 12:40-3:50-7-10 No Passes Mon 7:30-10:25 No Passes Tue 3:50-7-10 No Passes Wed 6:40-9:40
National Theatre Live: This House (STC) Thu 7
Oblivion (PG) Fri 4:45-7:50-10:50 Sat-Sun 1:50-4:50-7:50-10:50 Mon 6:55-10 Tue 4:45-7:45-10:40 Wed 6:55-10
Pain & Gain (18A) Fri 4:20-7:30-10:35 Sat 1:10-4:20-7:30-10:35 Sun 4:20-7:30-10:35 Mon 6:50-10:15 Tue 4:20-7:30-10:35 Wed 1:20-6:50-10:15 Thu 7-10:15 Fri 3:35-6:30-9:30 Sat-Sun 12:25-3:35-6:30-9:30 Mon 6:35-9:35 Tue 3:35-6:30-9:30
Rockshow (STC) Wed 7:20
Star Trek Into Darkness (PG) No Passes Thu 6:50-10
Star Trek Into Darkness 3D (PG) No Passes Thu 8 No Passes Thu 8:15

SilverCity London 1680 Richmond St

42 (PG) Fri-Sun 1:10-4:10-7:10-10:10 Mon-Tue 1:10-4:10-7:10-10:15 Wed 1:10-4:10-10:15
The Croods (G) Fri 12:10 Sat 11:10-12:10 Sun 12:10 Mon-Thu 12:35
The Croods 3D (G) Fri-Sun 2:30-4:55-7:20-9:40 Mon-Thu 2:45-4:55-7:20-9:40
Free Willy (STC) Sat 11
The Great Gatsby (PG) No Passes Fri-Sun 12-3:20-6:40-9:50 No Passes Mon-Tue 12:30-3:40-7-10:10 No Passes Wed 4:10-7:20-10:30 No Passes Thu 12:30-3:40-7-10:10 Star & Strollers Screening, No Passes Wed 1
The Great Gatsby 3D (PG) No Passes Fri-Tue 12:45-4-7:15-10:30 No Passes Wed 12:30-3:40-7-10:05 No Passes Thu 12:45-4-7:15-10:30
Iron Man 3 (PG) No Passes Fri-Sun 1-4:05-7:10-10:15 No Passes Mon-Tue 1-4:05-7:10-10:10 No Passes Wed 4:05-7:10-10:10 No Passes Thu 1-4:05-7:10-10:05 Star & Strollers Screening, No Passes Wed 1
Iron Man 3 3D (PG) No Passes Fri-Sun 12-12:30-3:05-3:35-6:10-6:40-9:15-9:45 No Passes Mon-Wed 12:30-2-3:35-5-6:40-8:15-9:45 No Passes Thu 12:30-1:30-3:35-4:30-6:40-7:30-9:45-10:25
Iron Man 3: An IMAX 3D Experience (PG) No Passes Fri 1:30-4:35-7:40-10:45 No Passes Sat 11-1:55-4:55-8-11 No Passes Sun 1:30-4:35-7:40-10:45 No Passes Mon-Tue 1:30-4:30-7:30-10:30 No Passes Wed 1:30-4:30
Jurassic Park 3D (PG) Fri-Wed 1:25-4:20-7:30-10:25
National Theatre Live: This House (STC) Thu 7
Oblivion (PG) Fri-Sun 1:40-4:30-7:25-10:35 Mon-Thu 1:10-3:55-6:55-10
Pain & Gain (18A) Fri-Sun 1:45-4:45-7:45-10:40 Mon-Tue 1:15-4:15-7:05-10:05 Wed 1:15-4:15-7:05-10:25 Thu 1:15-4:15-7:05-10:05
The Place Beyond the Pines (14A) Fri-Sun 12:50-4-7:05-10:20 Mon-Wed 12:50-4-7-10:20 Thu 12:50-4-10:20
Rockshow (STC) Wed 7:15
Star Trek Into Darkness (PG) No Passes Wed 8 No Passes Thu 12:30-3:30-7:20-10:30
Star Trek Into Darkness 3D (PG) No Passes Thu 2-6-9
Star Trek Into Darkness: An IMAX 3D Experience (PG) No Passes Thu 1-4-8

Pre-Approval Notice

IF YOU PURCHASED NEW BALANCE TONING SHOES YOUR RIGHTS MAY BE AFFECTED BY A PROPOSED CLASS ACTION SETTLEMENT

A proposed class action settlement has been reached involving New Balance Toning Shoes.

WHO IS INCLUDED?

You may be a Class Member if you purchased in Canada the New Balance Toning Shoes listed below from **January 1, 2010 until May 30, 2013.**

TONING SHOES:

Rock&Tone, TrueBalance, Aravon Ria, Aravon Riley and Aravon Quinn

WHAT IS THIS CASE ABOUT?

The lawsuit claims that New Balance made certain misrepresentations regarding the benefits of wearing its Toning Shoes in its marketing and sales. New Balance denies it did anything wrong. The Court did not decide which side was right. Instead, the parties have decided to settle.

WHAT DOES THIS SETTLEMENT PROVIDE?

A maximum Settlement Cap of not more than $155,000 is intended to pay claims to eligible Class Members and the costs of the settlement notice. New Balance is also agreeing to refrain from certain practices and to separately pay attorneys' fees, an award to the Representative Plaintiff and the costs of settlement administration. Full details about the Settlement are on the website www.clg.org.

WHAT TYPE OF COMPENSATION CAN YOU RECEIVE?

New Balance will provide to each individual Class Member that qualifies for Compensation the following:

- For a single pair of Toning Shoes: an amount of $100, without the necessity of proof of purchase.
- For two or more pairs of Toning Shoes: a maximum amount of $200, with proof of purchase required for at least one of the pairs of Toning Shoes.

For each Claimant who submits a valid Claim, New Balance shall provide payment as described above, so long as providing such Compensation does not exceed the Settlement Cap. If providing each Claimant with such Compensation will exceed the Settlement Cap, then in such circumstances each Claimant's Compensation shall be reduced on a pro rata basis.

HOW DO YOU ASK FOR A PAYMENT?

To get money, eligible Class Members must submit a claim form by mail postmarked no later than **November 14, 2013.** Payments could be up to $100 for each pair of Toning Shoes purchased, up to a maximum of $200 for multiple pairs of Toning Shoes, but will vary depending upon the number of Claims submitted by all Class Members and the costs of settlement notice, as specified more fully in the Settlement Agreement.

WHAT ARE YOUR OPTIONS?

If you are a Class Member, you may (1) do nothing; (2) exclude yourself; (3) send in a Claim Form; and/or (4) object to the settlement. If you don't want to be bound by the settlement, you must exclude yourself. However, if you exclude yourself, you can't get a payment, but you can sue New Balance for these claims. If you stay in the Class, you may submit a Claim Form and/or object to the settlement.

WHAT ARE THE IMPORTANT DATES AND DEADLINES?

A motion to approve the Settlement will be heard by the Superior Court of Quebec, 1 Notre Dame Street East, Montréal, Quebec on **June 21, 2013 at 8:40 a.m. in room 2.08.**

If the proposed Settlement is approved, it will be binding on all Class Members except those who timely and properly opt out.

If you wish to opt out, you must no later than **August 19, 2013:** i) complete and submit by mail the Opt Out Form; ii) the Opt Out Form is available on Class Counsel's website at **www.clg.org.** Class Members who want to opt out and who are residents of Quebec must IN ADDITION give notice to the Clerk of the Superior Court of Quebec.

If you wish to object to the proposed settlement, you must send a written notice of objection to Class Counsel and Defence Counsel by no later than **June 11, 2013.** Your written objection should include: (a) your name, address, e-mail address and telephone number; (b) a brief statement of the reasons for your objection; and (c) whether you plan to attend at the hearing in person or through a lawyer, and if by lawyer, the name, address, e-mail address and telephone number of the lawyer. Class Members who do not oppose the proposed settlement need not appear at the settlement approval hearing or take any other action at this time.

WHEN SHOULD I MAKE A CLAIM?

The Claim Form is available on Class Counsel's website at **www.clg.org.** A Claim Form must be postmarked no later than **November 14, 2013.** The Claim form must be sent by mail to: New Balance Settlement Canada c/o Borden Ladner Gervais LLP, attention Marie Gamelin at 1000, de la Gauchetière Street West, Suite 900, Montreal, Quebec, H3B 5H4. There will be no further notice in the newspapers of this Settlement Agreement.

WHEN DO I GET PAID?

Cheques will only begin to be mailed to eligible Class Members for Compensation at the earliest starting on **November 26, 2013,** assuming that the Settlement is approved and that such judgment has become final.

HOW CAN YOU GET MORE INFORMATION?

A complete copy of the Settlement Agreement and detailed information on how to obtain or file a Claim are available on Class Counsel's website at **www.clg.org.** To obtain a paper copy or for other information, please call Class Counsel at the numbers below.

WHO REPRESENTS ME?

The Class Counsel, or law firm representing the petitioner, is the following:

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514-266-7863 Montreal
416-479-4493 Toronto
613- 627-4894 Ottawa
Email: jorenstein@clg.org
Website: **www.clg.org**

If there is a conflict between the provisions of this Notice and the Settlement Agreement and any of its Schedules, the terms of the Settlement Agreement shall prevail.

This notice has been approved by the Superior Court of Quebec.

Tracks to expand your horizons

SOUND CHECK
Alan Cross
scene@metronews.ca

Sigur Ros, Kenny Feinstein and yes, even Justin Bieber, take you out of your musical comfort zone

U Smile (Extended)/ Justin Bieber

Wait! It's not what you think. Producer Nick Pittsinger put this track through time-stretching software, teasing it out to 35 minutes. The result is accidentally beautiful in a Brian-Eno-writing-for-airports kind of way.

What You Want/Kenny Feinstein

For his first solo album, Feinstein has decided to cover My Bloody Valentine's Loveless album acoustically.

It's astonishing how well this works.

Isjaki/Sigur Ros

The new album, Kveikur, will be out June 17. Check out the creepy lyric video for this single.

They're also getting the Simpsons treatment.

Shakira's hips, post pregnancy, don't lie

The Voice. Colombian singer dishes on her new baby boy, getting back into shape and life with her co-hosts on the set of The Voice

Shakira is back on The Voice.
MATT SAYLES/THE ASSOCIATED PRESS

Colombian superstar Shakira is learning how to balance her demanding work schedule with being a new mom one day at a time.

"It's part of motherhood, you know," she said of juggling her personal and professional life. "You got to figure it out as you go."

The 36-year-old singer and her soccer star boyfriend Gerard Pique welcomed their first child, Milan Pique Mebarak, on Jan. 22.

"He's great. He's so mellow, but he's very alert too," she said in an interview Wednesday night at House of Blues in West Hollywood, Calif.

Shakira joined fellow The Voice coaches Adam Levine, Blake Shelton and Usher at a red carpet event celebrating the NBC signing competition's top 12 finalists. The Voice host Carson Daly said baby Milan has been a welcome addition to the kid-friendly set, which features regular visits from Daly's young brood.

"With Milan it's a full-blown nursery!" Daly said of Shakira's baby-proofed double-wide trailer. "It's just like Shakira's door opens and It's a Small World starts playing. It's built for Milan. And it's really special and it's cool. We're like a little family."

But according to Shakira, it's not the children who cause the most trouble.

"It's like a kindergarten because these guys are already babies. They're babies!" she joked of her fellow coaches.

When it comes to getting those famous hips back into pre-baby shape, Shakira said she's still working on it.

"I still have a long way to go. I still have a few pounds over to lose," she said. "I look decent." THE ASSOCIATED PRESS

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Miley Cyrus, 20, was number one on the list. ALL GETTY IMAGES

Age of Maxim's top sexiest women is a tad off-putting

Maxim's Hot 100 list, which is a compilation of the world's sexiest women, is out. Here's the top five with their ages included. Miley Cyrus, 20, takes top honours, while Selena Gomez, 20 is second, followed by Rihanna, 25, Mila Kunis, 29, and Jennifer Lawrence, 22. The average age of these hot "women" is 23; the top two cannot legally be hit on in a bar. This makes you feel a little dirty, no?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fall Out Boy's Wentz opens up about his drug addiction

THE WORD
Dorothy Robinson
scene@metronews.ca

The 33-year-old bassist for Fall Out Boy (and the ex of one Ashlee Simpson) opens up in a new issue of Rolling Stone about how he sunk into a pill addiction after Fall Out Boy went on hiatus in 2009.

The rocker says he abused Xanax and Klonopin, which are primarily used to treat anxiety. "I was probably physically and mentally addicted," Wentz reveals. "It started from insomnia and anxiety from flying, then it spiralled. He continues, "I felt like a loser already. I'd basically gone from being the guy in Fall Out Boy to being the guy, who, like, hangs out all day. I didn't see how I'd ever come out on the other side."

Things only got worse when Wentz split from Simpson. "I was scared of everything. I thought there were always people listening to me," he says. "Like, I had my house searched for bugs. It was crazy."

Wentz says he is clean now, thanks to his son Bronx, 4, and extensive work with a therapist.

David Bowie

Church leaders not impressed with Bowie's bar-fly version of Christ

Church leaders have reacted angrily to the release of a video to accompany David Bowie's latest single, The Next Day, in which he poses as Jesus in a bar. Lord Carey, the former Archbishop of Canterbury — the global head of the Anglican church — said the video was "juvenile" and urged Christians to "rise above it." But he also couldn't resist having a dig: "I doubt that Bowie would have the courage to use Islamic imagery — I very much doubt it." The video contains a sequence of Bowie in a bar in robes, striking a Christ-like pose. Gary Oldman and Marion Cotillard are also featured. Oldman is dressed as a priest, while Cotillard is in her underwear, with blood spurting from two wounds in her hands.

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SLEEK & SEXY

Humidity can be measured two ways — relatively or by dew point — but who needs percentages when frizzy hair is the best dead giveaway?

This season's most delectable hair trends, however, are seemingly without regard for humidity. Styles spotted on the runways rarely swayed from sleek, but how strands were tied ranged from tight knots (at Ralph Lauren and Givenchy) to simple braids (at Jason Wu and Marchesa) and low-slung ponytails (at Michael Kors and Jil Sander). The common theme among them was simplicity, with not a complicated up-do in sight. Therefore, replicating this season's knotty trends should be a cinch — it's beating the humidity and fighting off frizz that will take some technique.

Using a wax to build hair's defence against frizz before styling can work. Waxes both seal moisture in and prevent excess water from entering the hair cuticle, which is what ultimately causes strands to puff up and kink, no matter the season.

Hair waxes are also known as pomade, styling crème, paste and whip. The degree of thickness depends on the percentage of other ingredients added versus a base wax, like beeswax. Generally speaking, the finer your hair, the more viscous (watery) your pomade or wax should be. If you have thick, curly hair, a heavier wax would work best to hold your sleek top-knot in place all day. If you have fine, straight hair, pick a product more closely resembling a whip.

– Rebecca Perrin

ISTOCKPHOTO/THINKSTOCK

YOUR HAIR CARE MENU

APPETIZER, MAIN AND DESSERT FOR YOUR DAMAGED LOCKS

Popular hair care ingredients read like a meal and deliver on nourishment, too. Fixes like argan oil, caffeine, avocado and coconut have stepped up the hair repair game so no damage goes unfed and genuine health gets a fill-up.

By feeding your hair a hefty meal of antioxidizing oils, strengthening proteins, and conditioning butters, you can reinforce strength so the threat of breakage won't spoil your appetite for spending summer days outdoors and lounging around your neighbour's saltwater pool.

Here is a closer look at the menu:

ANTIOXIDANT SALAD (PROTECTION)

Vitamins A, B, C, E and K can be found in numerous hair products. They offer dull and depleted hair protection against oxidative damage (when environmental factors cause your hair to lose protective electrons to free radicals) and bring back plenty of healthy shine. You can find these vitamins by searching product labels for ingredients like apricot oil, pomegranate oil, argan oil, coconut oil, beta carotene, phytochemicals and grapeseed extract. Nourishing to all types of hair.

PROTEIN MAIN (STRENGTH)

Each strand of hair is comprised of three layers of proteins piled atop one another. When the second layer, the cuticle, is damaged, your hair becomes officially dry and damaged.

A protein-rich meal aids in smoothing the proteins into place and building elasticity so strands won't break from brittleness, and makes it easier for them to hold onto moisture.

Protein-rich products range from shampoos to leave-in hair treatments and show up as keratin, collagen, flaxseed and soy-based additives, for example. Fatty oils can weigh fine hair down (therefore best to use overnight) but are generally well absorbed by coarser textures.

CONDITIONING DESSERT (MOISTURE)

Conditioner does for your hair what something sweet after dinner does for our craving — satisfies. Look for shea, jojoba, mango and coconut butters if you prefer natural ingredients to fight frizz, and if your hair can handle the weight, or glycerin and silicone complexes for smoothness and shine on finer textures. All types of hair will mellow out after a cool and creamy conditioner.

– Rebecca Perrin

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50 SHADES OF WHITE

QUICK-FIX TEETH WHITENING KITS ARE EASY TO USE

HEMERA/THINKSTOCK

At-home teeth whitening kits are a fraction of the cost of what you would pay to see your dentist. Products are easy and safe to use so you don't have to give up on your favourite vices.

The effective agent in most whitening products is hydrogen peroxide (H2O2). It is also likely the most popular bathroom cabinet essential (you would recognize the brown bottle with white writing, right?) because it's simply a combination of water and oxygen, and extremely affordable.

Hydrogen peroxide is one of the best germicidal agents for a household full of kids — when you used to fall off your bike and scrape your knee, your mom likely doused the bandage in H202 before sending you back outside, but these days you should consider hydrogen peroxide your ticket to whiter teeth.

Choose a teeth-whitening product with controlled amounts of hydrogen peroxide on the label. Take your pick of kits, toothpaste and mouthwash — they all have the right amount of hydrogen peroxide to whiten your teeth safely at home.

The strongest whitening kits on store shelves have 14 per cent hydrogen peroxide. Whitening mouthwashes are often made effective by a combination of hydrogen peroxide and sodium hexametaphosphate. An alternative to H202 is carbamide peroxide, also found in whitening products, which is slower to oxidize and roughly one-third the strength of hydrogen peroxide. It may be the better option for whitening highly sensitive teeth.

As for maintaining your newly whitened teeth, think more so about how acidic your food is than its inherent colour. Salt and vinegar chips for example, though extremely delicious, are highly acidic and may contribute to the erosion of tooth enamel. Same goes for orange juice, citrus fruit and white wine, which is actually more likely than red wine to stain your teeth because it's more acidic. Also, drink water after your morning espresso to rinse away the lingering crema, and keep a spare toothbrush in your bag for good measure.

– Rebecca Perrin

PAYING LIP SERVICE

Beyoncé

Among the must-have lip shades this season are bouquets of both crimson red and barely-there nudes so subtle they nearly conceal your mouth. This spring, opposites attract equally.

Flesh tone lips flatter an expressively smoked eye (try this season's vivid palette of violet, indigo blue or emerald green) and also appear appropriately restrained against a bronzed complexion. Jennifer Lawrence is obviously a fan (she wears nudes often and very well) and Beyoncé always manages to make a bare lip look super fierce.

Choosing the right shade of nude is essential since it will set you up for appearing Brigitte Bardot-ish rather than passing on to the next life. Your teeth will look white rather than three shades deeper. Generally, three tones of nude lipsticks exist: Ones with apricot undertones; those with a pink tint; and true, honest beiges. Try the first two and avoid the third since that's how lips can look mistakenly chalky, like you have eaten a powdery doughnut and forgotten to tissue off.

As for red, the hottest swatches are tangerine and glossy (the ones created for Moschino by Tom Pecheux looked like freshly peeled citrus fruit) and crimson and matte. Choosing a red lipstick is truly a personal adventure to embark upon. The shade's vibrancy is so powerful, and red carries so many cultural and emotional connotations that you should try on shade after shade until you find one that makes you feel fiery.

Absolutely skip the lip liner with nude shades (you may look like a mannequin if you don't), but feel free to employ one with deep crimson lipstick. A perfectly precise line can add to the allure of red lips, like the ones created by Pat McGrath at Prada. She applied layer after layer of lipstick, blotting in between, to make sure the finished texture was opaque and deliciously rich. *– Rebecca Perrin*

Jennifer Lawrence

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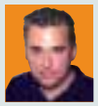
ORAL13522

Liquid Assets

Cocktails made easy



LIQUID ASSETS
Peter Rockwell
@therealwineguy
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It's never too early to get your ice cubes in a row when it comes to summertime cocktails. Though popping the cork on a bottle of wine or twisting-off the cap of a chilled beer may be easier, no drink makes your back deck feel more like the Caribbean than a mixed drink.

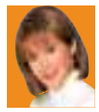
While some are complicated, most cocktails are a lot easier to make than you might think. Warm weather favourites like the Bloody Caesar (invented in Canada), the Margarita and the Cosmopolitan are no-brainers.

I love to get my Mojito on this time of year. The Cuban classic, which combines white rum, sugar, lime juice, sparkling water, mint leaves and a bit of muddling, is one of the most refreshing drinks in the mixology handbook.

Bacardi — Cuba's hometown hero — is the standard white rum of choice for a Mojito. I kneel to liquid tradition, but find the new wave of white spiced rums make an even better impression in the glass. Captain Morgan Silver Spiced Rum ($24.49 to $29.99) mixes white spices, vanilla and a subtle sweetness that works wonders with the Mojito's minty personality. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

A sophisticated breakfast for mom

Scrambled Eggs with Brie Cheese and Smoked Salmon.
Upgrade a breakfast staple without any additional effort or time at all



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Scrambled eggs made with velvety brie cheese and savoury smoked salmon is a real treat for a Mother's Day breakfast.

I have given a choice of using natural liquid egg substitutes instead of using three eggs per person, which have excess fat and cholesterol.

1. In large skillet sprayed with vegetable oil, add egg substitute or eggs and milk.

2. On a medium heat continue to scramble just until eggs are almost set. Do not overcook.

3. Serve the scrambled eggs with smoked salmon and brie cheese over top and sprinkle with salt and ground pepper.

Ingredients

Prep time: 5 minutes
Cook time: 5 minutes

- 1 1/2 cup egg substitutes or 6 large eggs
- 1/4 cup lower fat milk
- 1/4 cup diced smoked salmon
- 1 1/2 oz diced brie cheese
- Pinch of salt and pepper

This recipe serves two. MIKE MCCOLL

Nutrition per serving for egg substitutes

187 calories, 26.6 g protein, 6.3 g fat, 3.9 g saturated fat, 5.2 carbohydrates, 25 mg cholesterol, 785 mg sodium, 0 g fibre

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Have a few gaps in your schedule you're looking to fill?
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MIX OF SIX
Julian Uzielli
london@metronews.ca

Aidan Knight

Victoria experimental-folk band Aidan Knight (whose frontman is also named Aidan Knight, just to keep it simple) will hit the stage at Aeolian Hall (795 Dundas St.) Friday, along with Montreal indie-folk band Folly and the Hunter. Knight, a singer-songwriter, has performed with such Canadian artists as Hannah Georgas, Dan Mangan and The Zolas. Doors open at 7 p.m. Tickets are $18 at the door and $12 for students.

The Creekside Strays

Local rockers The Creekside Strays are playing a CD release party tomorrow night at Call The Office (218 York St.) with special guests Mr. Tasty and Vinyl Runners. The three-piece group plays no-nonsense, alternative rock for crowds that like their rock with a bit of edge. After two successful EP releases that got air time on CBC Radio 2 and 3, along with FM96, the band is celebrating the release of its third, self-titled EP. $5 gets you in to the show and a copy of the EP. Doors open at 9 p.m.

East vs West

The annual East-West Bowl is Friday afternoon at Western University's TD Waterhouse Stadium. The 11th annual showdown features 80 of the best football players from Canadian university football teams, all of whom are eligible for the 2014 CFL draft. Four players from the Western Mustangs are on the West squad. Western is hosting the game for the fifth consecutive year. Kick off is at 1 p.m. For tickets visit westernmustangstickets.universitytickets.com, or catch the game on Rogers TV, Cable 13.

Sci-fi/fantasy convention

This weekend, you might be able to spot an alien or two — and you won't have to set foot anywhere near Mos Eisley. The seventh annual London Rogues Science Fiction/Fantasy Convention starts Saturday at the Gibraltar Weekend Market (1712 Dundas St). Begun as a Star Wars convention, today it celebrates all manner of geekdom. There will be guest appearances and panels with authors and actors, including two minor cast members from the original Star Wars trilogy. Admission is $5.

Summer clay classes

With so many people working relaxed hours at the office, and all those long weekends in the months ahead, this is the perfect time to learn a new hobby. If you're looking for pots in which to plant your summer flowers, pottery might be worth a shot. Summer classes at the London Potters Guild (664 Dundas St.) start Friday. Classes are available for potters of all skill levels For more information, visit londonpottersguild.org.

A Sorensen retrospective

Montreal artist David Sorensen passed away in 2011, but his work still stands as a poignant reminder of the beauty that can be found in life. The Michael Gibson Gallery (157 Carling St.) recently began an exhibition of Sorensen's work between 2002 and 2010, part of his Horizons series of paintings. The exhibition runs until May 25.

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Leafs netminder James Reimer and defenceman Dion Phaneuf hurl their bodies in front of the net to try to keep the puck out on Wednesday night in Toronto.

RICK MADONIK/TORSTAR NEWS SERVICE

Pressure on Reimer to steal Leafs a win

NHL playoffs. Coach Carlyle disappointed in how his goalie gave up Game 4's winning goal

Most of the season, Maple Leafs coach Randy Carlyle has kept to the same message when it comes to his goaltenders.

All any coach can ask for, he would always say, was for his goalies to give the team a chance to win.

For most of the year, James Reimer has done just that. And when you go into overtime in Game 4 of the playoffs, you can argue that Reimer gave his Maple Leafs a chance to even this series against the Bruins.

But David Krejci's overtime winner went short side. No coach likes that. Anytime anybody brought up Dion Phaneuf's pinch in overtime that set up the winning play, Carlyle never failed to mention the short-side goal, adding: "You always want your goalie to steal a game if he can."

Reimer is the best Leaf goalie since the likes of Ed Belfour and Curtis Joseph. The Leafs were regular participants in the post-season party with those two. Both are beloved because of their penchant for the timely save that contributed to stolen victories.

At times in the regular season, Reimer has stolen wins. Maybe it's just that the game has changed since Belfour last manned the Leafs crease. Shooters have better sticks. Forwards crash the net more. The science on where to beat goalies is better.

"Yeah, you'd like a guy to stand on his head," said backup Ben Scrivens. "But I think James has done that. I think Game 1 could have been a lot worse. I thought that was one of his best games.

"You can play well and the results don't go for you. You've got to be more of a realist. It's not all wishful thinking and perfect scenarios."

To force a Game 6 in Toronto, Carlyle has to find a way for his team to support Reimer a bit better. Reimer has been busy. Boston is average 41 shots a game — tops in the playoffs.

TORSTAR NEWS SERVICE

Fraser update

Mark Fraser did not travel to Boston after having surgery to repair bones near his eyes that were smashed by a Milan Lucic shot in Game 4.

- Jesse Blacker was called up on an emergency basis and John Michael Liles will most likely draw in to the Leafs lineup.
- Liles is smaller, quicker and more of a puck mover than the bruising Fraser.
- The Leafs and Bruins have combined for 365 hits, second only to the Kings and Blues (406) who have already played five games.

MLB

Romero sent back down to minor leagues

The Toronto Blue Jays have sent left-hander Ricky Romero to triple-A Buffalo and designated right-hander Edgar Gonzalez for assignment.

Romero lasted just 1/3 of an inning as Toronto dropped a 10-4 decision at Tampa Bay on Wednesday night.

Romero, who gave up three run-scoring singles in the defeat, lost his rotation spot after a poor spring training and remained in Florida when the season began to work on mechanics. He was called up earlier this month when right-hander Josh Johnson went on the 15-day disabled list.

Also Thursday, the Blue Jays selected the contracts of right-handers Ramon Ortiz and Mickey Storey from the Bisons.

THE CANADIAN PRESS

Court battle

Kobe argues he didn't authorize sale of mementos

Kobe Bryant says in a court filing that he never gave his mother permission to sell mementos from his high school days and early professional basketball career.

Bryant is in a court battle over whether hundreds of items can be auctioned off.

Pamela Bryant says the NBA star told her the memorabilia was hers. She arranged earlier this year to auction it off through Berlin, N.J.-based Goldin Auctions and received a $450,000 advance.

THE ASSOCIATED PRESS

NHL. Makeover in store for Canucks, GM says

Vancouver Canucks general manager Mike Gillis says it's time to reset the organization.

He held a season-ending media availability Thursday after the Canucks were swept by the San Jose Sharks in their Western Conference quarterfinal.

Gillis says he plans to review every element of the organization — including the performance of head coach Alain Vigneault — before any decisions are made.

Quoted

"When I look at every other team, this was such a messed up season from start to finish."

Canucks GM Mike Gillis

Gillis also says it's unlikely that veteran goaltender Roberto Luongo will be with the team next fall. THE CANADIAN PRESS

From across the pond

"My parents think I'm mad, my friends think I'm mad, but it's all for the love of the game."

Senators fan Ravi Patni. The 26-year-old doctor from England had never seen the Sens play in person or ever set foot in Ottawa until last weekend. He bought tickets to Games 3 and 4 of the series against the Canadiens, hopped on a plane and travelled more than 5,000 kilometres from London to Canada's capital — by himself.

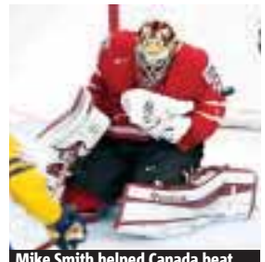
World championship. Canada blanks Sweden

Canada's Mike Smith earned his first win of the world hockey championship with a 33-save performance as Canada blanked host Sweden 3-0 Thursday.

Smith, who plays for Phoenix in the NHL, was at his best in the third period with 17 saves.

Steven Stamkos, Luke Schenn and Jordan Staal scored for Canada. Matt Read contributed two assists.

THE CANADIAN PRESS



Mike Smith helped Canada beat Sweden 3-0 on Thursday.

JACQUES BOISSINOT/THE CANADIAN PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
The planets suggest you will find yourself at odds with the accepted way of doing things today. Even if it causes you financial hardship, you will fight on the side of what you believe is right. Good for you.

♉ Taurus
April 21 - May 21
Today's solar eclipse in your birth sign means you can't put off what needs to be done. What you start over the next 24 hours will pay dividends for the next 24 months!

♊ Gemini
May 22 - June 21
You will need to make some difficult decisions today. The important thing is that once you have decided on a certain course of action, you see it through to the end.

♋ Cancer
June 22 - July 23
There are so many opportunities in your life right now that you may find it hard to decide what to do first. But decide you must, and quickly. The last thing you need now is to be trapped by indecision.

♌ Leo
July 24 - Aug. 23
Today's solar eclipse means a new start in your career or vocation is not just possible but desirable too. If your present position does not satisfy you, now is the time for a change.

♍ Virgo
Aug. 24 - Sept. 23
Your life will change for the better over the next few days. What matters even more though is that your attitude is changing: You no longer attach so much importance to things of a material nature. Good.

♎ Libra
Sept. 24 - Oct. 23
Most things change slowly but occasionally you get the chance to change things quickly and today's eclipse makes this the ideal time to make a quantum leap. Change your outlook and your world.

♏ Scorpio
Oct. 24 - Nov. 22
If a relationship has been going through a tough time of late then today's eclipse will bring matters to a head. A new start is possible but you both have got to want it.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in the work and wellbeing area of your chart suggests you are thinking of changing your daily routine, maybe in quite dramatic ways. And why not? Change is good.

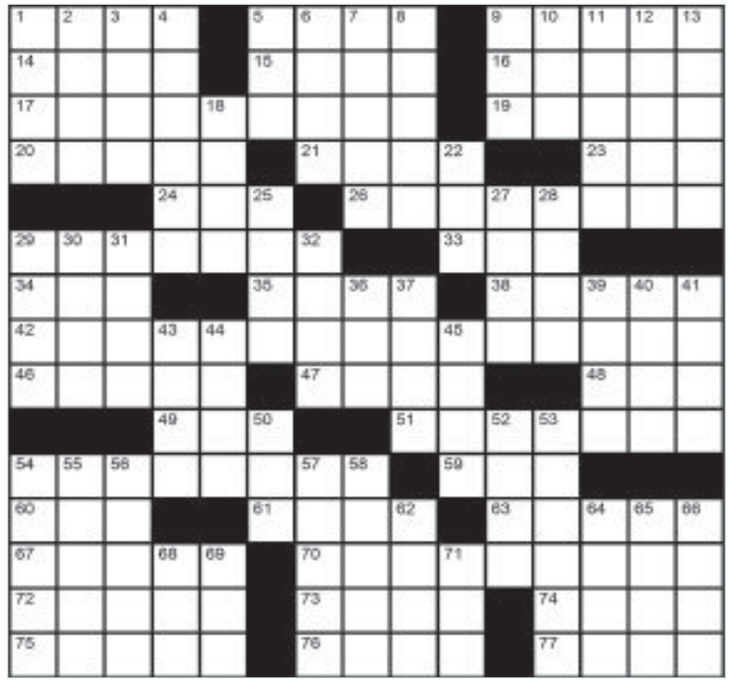
♑ Capricorn
Dec. 22 - Jan. 20
You should be having the time of your life right now and if that is not the case, it can only be because you are letting the past hold you back. Today's eclipse urges you to be bold.

♒ Aquarius
Jan. 21 - Feb. 19
Do not, repeat not, interfere in other people's private affairs today — and don't let other people interfere in your private matters either. You may think you know best, and maybe you do, but it won't change a thing.

♓ Pisces
Feb. 20 - March 20
Life has been a bit predictable of late but as from today things should get a lot more interesting. If you have not yet made any social plans for the next few days then make them now. SALLY BROMPTON

Crossword: Canada Across and Down

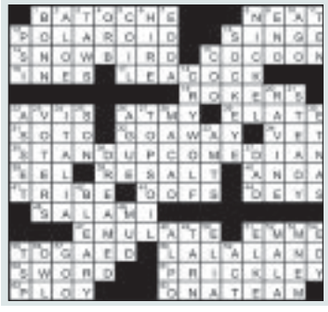
BY KELLY ANN BUCHANAN



Across
1. "En garde!" blade
5. Cartoonist, Al __
9. Big divide
14. __ Strauss & Co.
15. Churchyard = God's __
16. Cheap Trick's "I Want __ Want Me": 2 wds.
17. The Band's "Acadian __"
19. Mount in the Yukon, Canada's highest
20. Syllable-singing system
21. Prod
23. Annoy
24. __. number
26. "The Great Gatsby" (2013) extras
29. Canadian star of "Castle", Nathan __
33. City of Brazil, with Paulo
34. Time period
35. Shreds
38. Prefix with 'red'
42. "The Great Gatsby" (2013) setting: 2 wds.
46. Wayne Newton, __. __ Vegas
47. Cart along
48. Hawaiian ornamentation
49. By way of
51. Green Gables character
54. Greg __, Premier of Manitoba
59. Vertical opposite [abbr.]
60. Diminutive suffix
61. ___ day
63. Cold shoulder it
67. Barenaked Ladies song: "__ Me"
70. William and Kate, Duke and Duchess of __
72. Toronto-born magician/skeptic, The Amazing __
73. 'Y' of YSL
74. Zippo
75. Up to now: 2 wds.
76. 'Pleisto' suffix (Geological epoch)
77. Hold

Down
1. Antiquities
2. But: Spanish
3. Malefic
4. __ Tower
5. Canuck priv. sector union
6. _ __ in the wheel
7. Non-believer's need
8. Bike part
9. Four-__. engine
10. Owl's question?
11. The Adventures of __ March (Saul Bellow novel)
12. "War" singer Edwin
13. Some scribes
18. Cab
22. Volkswagen slogan, __ Auto.
25. Natalie Imbruglia hit
27. Hurt
28. Bridge: French
29. George Orwell's Animal __
30. Composer Mr. Stravinsky
31. Loyal, to a Scot
32. Poetically approaching
36. School org.
37. Part of a triathlon has to be what?
39. Satiate
40. Careen
41. Largest continent
43. Sitarist, __ Shankar
44. "The cheque __ the mail.": 2 wds.
45. Valley where David slew Goliath
50. In the past
52. Lion's call!
53. Saint John, NB's __ Oil
54. Prefix meaning 'Above'
55. Saint __ Mountains (Range for #19-Across)
56. Rocker Mr. Kravitz
57. Britannica, e.g.
58. Steal, archaically
62. Good-bye to God
64. Scent, States-style
65. Tip to 'tion' (Car's key spot)
66. Rock's __ Purple
68. In-a-row letters
69. Chart-topper
71. Mad Cow Disease letters

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8							4	9
4	2		9		7			1
3				1				
	3				1			
9		4				5		8
			7				6	
				8				3
7			5		6		2	4
2	6							5

Yesterday's Sudoku

9	7	1	8	6	4	3	5	2
4	6	8	5	2	3	9	1	7
2	3	5	1	9	7	6	4	8
5	4	7	9	1	6	8	2	3
1	9	3	2	7	8	4	6	5
8	2	6	4	3	5	1	7	9
7	8	4	6	5	9	2	3	1
6	5	2	3	8	1	7	9	4
3	1	9	7	4	2	5	8	6

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